with modern machinery. Not content with the state of the utensils in which she serves the meals, the woman is careful to line them at mealtime with fresh and very clean leaves.

The natives keep the nails of their hands and feet cut short. The care of the feet is explained as a hygienic measure and by the necessity of taking precautions to avoid the vermin which like to get into these places (ticks). The care of the hands can be explained only by the concern for cleanliness shown in native eating habits.

Imported soap is not yet commonly used, although we found it in a number of native huts.

Many native women know how to make soap. The process is very simple. Dried banana skins, trunks of papaw trees, bark, the fruits of various vegetables, and waste from palm nuts are gathered together and burned. The ashes are carefully collected and mixed with some water for boiling them. At the first ebullition, the woman removes the ashes and impurities that [166] rise to the surface. Boiling is then continued until the evaporation is almost complete. When only a thick and sirupy grayish-black deposit is left, the woman takes it off the fire, washes it, and kneads it in cold water until it takes on a clearer color. She then adds palm oil, mixes it in with great care, and puts the lot back on the fire. The paste is stirred all through the boiling, which is continued until the woman obtains a mixture whose consistency is slightly firmer than that of our soft soaps. [Ed., a passage is omitted from mid-page 166 to mid-page 167.]

Native soap is used only in the care of the body.

[167] The native does not merely smear his body with palm oil. The men and especially the women often powder themselves with takula dust. The women prepare a cosmetic with this and love to cover their whole body with it in a spirit of coquetry. This practice is so widespread among the peoples of Lake Leopold II that the manufacture of ngula has become a veritable local industry in certain areas. This is especially true of the Mosengere. In a village near the Bongo post, we counted 35 installations for making ngula powder. The simplest set of materials includes two blocks of takula or redwood, a small receptacle containing water, a handful of sand, and a small hand or painting brush. One of the